

Kangana Ranaut, Deepika Padukone and Alia Bhatt should ask for higher remuneration, says Shaakuntalam star Madhoo over pay disparity



Ever since Priyanka Chopra opened up about the pay disparity in Bollywood, many other celebrities have weighed in on the same. Recently seen in Samantha Ruth Prabhu and Dev Mohan starrer Shaakuntalam, Madhoo Shah has also discussed pay disparity in Bollywood in her latest interview. Madhoo was asked about male dominance in the industry and the gorgeous actress also addressed the remuneration difference between actors and actresses. She says Deepika Padukone, Kangana Ranaut and Alia Bhatt should definitely ask for more fees. Let's check out what she has to say in this story

While talking to an online entertainment news portal, Madhoo was asked about male dominance in the film industry. The Shaakuntalam actress says that male dominance exists everywhere. Talking about the industry being a man's world, Madhoo shares that she never questioned it. She says that she never thought about getting equal pay when playing the female lead in the films. Madhoo says that she just wanted to be on screen and considered it to be a gift. After getting films she never fought for anything. Madhoo shares that when she worked in films, it was time for action films and actresses would have relatively less screen time and songs. She thought that the movies were carried by heroes as they would fight, rescue, romance and do everything in the film. She says it was fine with her that they were getting good pay because of that.

Madhoo also shares that whenever a film would go hit or flop, it was addressed as the movie of the hero starring in it. So it was called Akshay Kumar's film, Ajay Devgn's film and so on.

R Madhavan says Kangana Ranaut is not a 'push over' or 'cliche heroine'; Tanu Weds Manu actress has the best reaction

R Madhavan lauds Kangana Ranaut for her choice of roles and her personality. The two have worked together twice for Anand L Rai's movie. They were teamed up in Tanu Weds Manu and Tanu Weds Manu Returns. The film received critical acclaim for various factors and their pairing being one of them. The actor highly spoke of his co-star stating she is not a cliché heroine who would walk away after getting slapped by men. Kangana Ranaut reacted to his praiseful words on Twitter in the cutest way, recalling their bond from the film.

In a recent interview with Rohan Dua, R Madhavan spoke of strong women in his life. He counted Kangana Ranaut too in women who inspire him. The actor praised his co-star and explained how he finds her a fighter. Maddy stated all the leading ladies in his films are very very strong. He also spoke of being fortunate to grow up with strong women in his house. According to him, women are strong and that is a universal truth, all men will have to reconcile with.



Amitabh Bachchan Twitter rant continues; says 'Khel Khatam, paisa hazam' revealing he paid to get blue tick but others are getting it for free

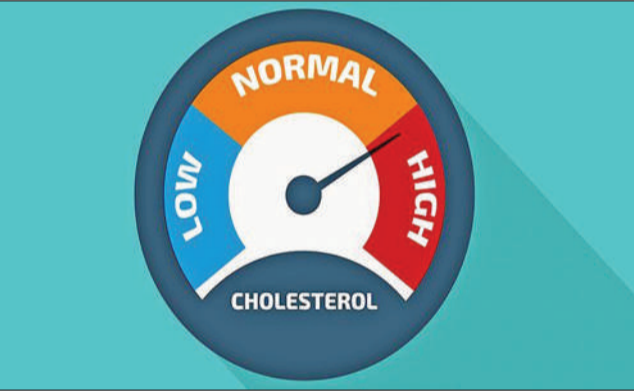
Amitabh Bachchan is one of the most active celebrities on Twitter. He uses the platform to stay connected with his fans by giving updates about his routine. He shares quotes, pictures and more and keeps in touch with his fans. Over the past few days, the blue tick on Twitter has created quite chaos. Two days ago, the blue tick disappeared from all the handles including big celebrities like Shah Rukh Khan, Priyanka Chopra, Amitabh Bachchan, Salman Khan and more. The move was in accordance with Twitter Blue subscription services in which a user has to pay to get the verified blue tick.

It seems that Amitabh Bachchan paid to get the verified badge but soon many other celebrities got their blue tick back without it. How so? Big B has explained it in his Twitter rant.

In Bhojpuri, Amitabh Bachchan said that for all those who have 1 million followers plus can get a blue verified tick. He revealed that he has more than 48 million followers so what about him? He already paid to get the badge. He joked, 'Khel Khatam, Paisa Hazam (Game Over, Money Disappeared)'.



Things people tend to ignore about cholesterol



Cholesterol levels more than 200 mg/ dL are considered to be dangerous. A normal cholesterol or blood lipid report comprises three components which are mostly considered to determine the overall cholesterol composition in the body: high density lipoprotein, low density lipoprotein and triglycerides. The low density lipoprotein or LDL range is paid more attention than other parameters in a lipid profile test. The normal range of LDL is less than 100 mg/dL. LDL is also referred to as the bad cholesterol. HDL and triglycerides should be 40mg/dL or higher and below 150 mg/dL, respectively.

We ignore regular check up

Regular medical examination is one of the key reasons why several life threatening diseases progress easily. In case of high cholesterol it is important to check the lipid profile of the blood regularly. High levels of LDL should be controlled through lifestyle changes and medicines at the earliest.

We ignore workouts

Even after so much awareness around workouts and physical activities, how many of us have a dedicated schedule for workout? Many people believe that medicines can help control cholesterol. Once they are prescribed statins they only rely on the medicine. However, it is very important to keep the body physically active as well. Studies have found that a minimum 150 minutes of physical activity like walking can reduce risks associated with high cholesterol like heart disease.

We ignore harmful effects of long sitting hours

Sitting for too long increases the risk of obesity. It is also a reason why blood pressure increases in the body. Long sedentary hours increases fat around the waist and levels of unhealthy cholesterol or LDL in the body. It also lowers HDL in the body. "Any extended sitting — such as at a desk, behind a wheel or in front of a screen — can be harmful," says Mayo Clinic.

We ignore damaging effects of smoking

Several studies have confirmed the link between smoking and high cholesterol. Studies have found that quitting smoking helps increase good cholesterol levels despite weight gain in some individuals. HDL and smoking are inversely related to each other. Smoking reduces the HDL level in the blood which helps in carrying away the fatty deposit from the artery wall.

ssEven a small weight gain should not be ignored. As per health experts, every extra 10 pounds produces 10 milligrams of additional cholesterol in the body. Doctors have always warned against being overweight and obese, especially those who are at risk of developing cholesterol. As per the American Heart Association, being overweight or obese tends to increase bad cholesterol (LDL) and lower good cholesterol (HDL).

Home hacks to get rosy cheeks naturally

Rosy cheeks are often associated with good health and vitality, and they are considered attractive because they give the impression of a natural, healthy glow. When your cheeks have a rosy hue, it indicates that your blood vessels are dilated, and blood is flowing close to the surface of your skin. This increased blood flow can be caused by factors like exercise, emotional excitement, or even just exposure to cold weather. The result is a fresh, youthful appearance that many people find appealing.

Additionally, rosy cheeks can also make your eyes appear brighter and more alert, further adding to their beauty. Overall, rosy cheeks are a desirable trait because they are a sign of health, energy, and youthfulness.

There are several home hacks that you can try to get rosy cheeks naturally:

Exercise: Regular exercise increases blood flow, which can give you a natural blush.

Massage: Gently massaging your cheeks with your fin-



gertips can improve blood circulation and make your cheeks appear rosier.

Facial Masks: Applying facial masks made of natural ingredients like rosewater, honey, and yogurt can nourish your skin and give it a healthy glow.

Healthy Diet: Eating a diet rich in fruits, vegetables, and antioxidants can help improve your overall skin health and give you rosy cheeks.

Hydration: Drinking plenty of water and keeping yourself hydrated can keep your skin healthy and glowing.

Steaming: Steaming your face with warm water can help open up your pores and improve blood circulation, which can give you rosy cheeks.

Sunscreen: Protecting your skin from the harmful UV rays of the sun with sunscreen can help prevent skin damage and keep your skin healthy and rosy.

Remember that everyone's skin is unique, and it may take some time to find the right combination of home hacks that work for you.

World Book and Copyright Day 2023 celebrated at Dhanvantri Library

■ STATE TIMES NEWS

JAMMU: Dhanvantri Library, University of Jammu, celebrated World Book and Copyright Day 2023 by organizing an Exhibition of Rare Books of the Dhanvantri Library and from the Departmental libraries of Urdu, Hindi, Punjabi, and Dogri Departments of the University of Jammu, on Monday.

The Exhibition of Rare Books was inaugurated by Prof Naresh Padha, Dean Academic Affairs, University of Jammu. Speaking on the occasion, he congratulated the organizers and the contributing Departments for preserving the culture and intellect of the land for the generations to come. He high-

lighted the need to digitize the documents for its longevity and outreach. The World Book and Copyright day has been celebrated since 1926 in Spain by Cervantes publishing house in Barcelona, as a way to honour the author Miguel de Cervantes. In 1995 UNESCO started celebrating the day in the memory of Shakespeare, Cervantes and Garcilaso de la Vega. The Decadal theme for 2022-2032, given by UNESCO, is Indigenous Languages. Linguistics, Diversity and Multilingualism is the UN Priority, since there are about 7000 languages in the world, mostly spoken by the Indigenous people.

Dhanvantri Library, or Central Library as it was previously known, is a premium

Library of Jammu, visited not only by the Faculty, Scholars, Students of the University of Jammu, but also by the members of the civil society, faculty, and scholars from universities in the state and from other parts of India.

It houses 4.6 Lakh books. The purpose of the exhibition was to display and promote the linguistic diversity of indigenous languages of India and to move towards digitization of these rare documents for wider outreach, and for reference of generations to come. Prominent among those who visited the exhibition included Prof Jasbir Singh, Prof Sangeeeta Gupta, Prof Anupama Vohra, Prof Namrata Sharma, Prof Venu Koul, Dr Anuradha Seth, Dr P K Singh, B D

Sharma and R S Jasrotia. Various others members from Civil Society, Faculty, Scholars, Students and Library Professionals also visited the exhibition. The Exhibition was convened by Dr Anita Sachar along with her team comprising Anju Gupta, Nimmi Suri, Dr Vikram Sahi, Dr Joginder, Anjana Wazir, Babita Jamwal, Sonika Sharma, Venu Gandotra, Bhawana, Shweta Khajuria , Jasveer Kour and Dr Kusum. Prof Neeru Sharma, Incharge Librarian, thanked Prof Naresh Padha for his encouragement and suggestions, and congratulated the organizing team for its hard work.

Dogra Sadar Sabha to celebrate 'Save Water Save Birds Day' on May 6

■ STATE TIMES NEWS

JAMMU: Dogra Sadar Sabha is going to celebrate annual 'Save Water Save Birds Day' on May 6, 2023 at Sabha Bhawan, Dogra Hall, Jammu. It was informed by Th Gulchain Singh Charak, former Minister and President, Dogra Sadar Sabha, Jammu and Kashmir (DSS), while addressing a press conference in Jammu on Monday.

Speaking on the occasion, Charak informed that DSS has been observing the day for the last more than two decades with a sort of religious sanctity to commemorate, revive and propagate the age old Dogra tradition of feeding the voiceless creatures, before partaking



President DSS Gulchain Singh Charak talking to reporters.

of their meals. He said that providing water to the birds to quench their thirst during scorching summer heat is a sacred duty of the human beings, particularly in the urban areas, where fast emerging jungles of concrete are disturbing the habitat of mute birds and animals and depleting their sources of water and

feed. He appealed to the conscientious citizens of Duggar Pardesh to participate in the proposed programme in large numbers as a mark of their concern and respect for coexistence of human beings-birds-animals.

Charak further informed that a mass rally of men, women and children from different walks of life, including hundreds of students and the staff of different schools and colleges will be organised at Dogra Sadar Sabha Bhawan, adjacent to Hari Singh Zanana Park, Dogra Hall Jammu. "The participants will carry banners, posters and placards

on the themes, 'Aao Pakshiyon ko Pani Pilaen (Come and Join us to Quench Thirst of Birds)' and 'Save Water'. Earthen pots and 'Chhikus' will be distributed by Sabha among participants, commuters and other pedestrians to provide drinking water to birds," he added.

Charak appealed to the people to save the birds in the scorching heat by keeping the pots filled with water hanging from the trees at suitable places in parks, gardens and also in their lawns, balconies or on the walls and window sills of their houses at open. Charak made a special reference to the restoration and conservation work going on at painfully snail's pace at Mubarak Mandi Heritage Complex. Others present on the occasion included Karan Singh Jamwal, Prem Sagar Gupta, Dr Virendra k Sahi, G A Khawaja, Ghanbir Dev Singh and Chander Mohan Sharma.

Junior Hockey tourney final today

■ STATE TIMES NEWS

JAMMU: Dashmesh Hockey Club shall take on Bandurakh Club in the final of the ongoing Six-A-Side Junior Hockey Tournament, organised by Bandurakh Hockey Club in the city outskirts tomorrow. Earlier, in the semifinals, decided today, Dashmesh Club beat Hiranagar 5-3. Ricky of the winning side named man of the match. Jasbir Singh Jassi and Mankamal Singh were special guests in this match. In other semifinal, hosts Bandurakh Hockey Club outplayed Society for Sports 6-2. Pardeep Singh was adjudged man of the match. Jagpreet Kour and Madan Katal were special guests.

Jammu Strikers drubs Sports CA by 8 wkts

■ STATE TIMES NEWS

JAMMU:Jammu Strikers Cricket Club registered 8-wicket win over Sports Cricket Academy in the ongoing Cricket for Excellence-2 U-19 One Day Tournament, being jointly organised by Safran Cricket Club and Country Cricket Academy at Country Cricket Stadium Gharota, near here. Earlier, batting first, Sports Cricket Academy scored a modest total of 114 runs in 27.3 overs. Shrawan top scored with 27 runs off 25 balls, studded with 5 bound-

aries. Vinayak Khajuria was the most successful bowler from Jammu Strikers Cricket Club, who took 4 wickets by conceding 24 runs in 4 overs, while Vansh took 3 wickets and Rishav Sumbria claimed 2.

In reply, Jammu Strikers Cricket Club chased the target easily in 13.4 overs by losing 2 wickets, thus won the match by 8 wickets. Shourya Sharma top scored with 65 runs off 43 balls with 11 boundaries and 2 sixes, while Aman Sharma contributed 28 runs to the total.

For Sports Cricket Academy, none of the bowlers showed much application and leaked runs for comfort of the rival camp. The Tournament, an initiative of Country Cricket Club and Safran Cricket Club, is being held under the overall supervision of Vikrant Sharma and Sarthak Khoda.

Six teams are taking part in this tournament. The participating teams include Safran Cricket Club, Jammu Strikers, Crossway Academy, Katra Academy, Weekend Warriors and Red Capes XI.

29 Non-Gazetted officers of Ministerial/Steno Executive Cadre promoted

■ STATE TIMES NEWS

JAMMU: Jammu and Kashmir Police Headquarters has issued promotion order in respect of 20 Sub-Inspectors of the Ministerial Executive Cadre, 07 Ministerial Executive Cadre (Steno) to the rank of Inspectors and 02 Assistant Sub-Inspectors Ministerial Executive Cadre to the rank of Sub Inspector.

DGP congratulated the promoted officers and their families. He expressed hope that the promotion will boost the morale of these officers and also inspire them to work with

more dedication for the betterment of the department as well as for the people of J&K.

Those promoted as Inspector (M) include Sanjay Peshin, Mushtaq Ahmad, Nazir Ahmad Mistary, Abdul Majeed Mir, Abdul Rashid, Mohammad Ashraf Rather, Shabir Ahmad Shah, Javid Ahmad Lone, Sardar Kulwant Singh, Ghulam Jeelani Dar, Khurshheed Ahmad Shah, Tariq Ahmad Bhat, Manzoor Ahmad Rather, Jagdish Singh, Rajinder Kumar, Ghulam Hyder Malik, Narinder Kumar and Neelam Kumari. Those

promoted as Inspector (S) include Prince Nissar, Punam Koul, Rajni Chalotra, Prince Ji Bhat, Altaf Hussain Wani, Mohammad Shafi Hurrah and Neeraj Koul. Two officers promoted as SI (M) are Ather Masood Qadri and Javid Ahmad Bhat. Meanwhile DGP decorated Pradeep Singh with Assistant Sub-Inspector rank in a pipping ceremony held at Police Headquarters here today. AIG (Personnel) PHQ, Virinder Singh Manhas was also present on the occasion. DGP congratulated the officer and his family.

